



Simple Hummus Sandwich

Try other flavors blended into the hummus like roasted red pepper, roasted garlic, banana peppers or chipotle peppers! You can also try other beans, like black beans or navy beans.

U.S.

4 roll	Whole Wheat Sandwich Thin, toasted
1/2 cup	Simple Hummus (see separate recipe)
2 cups	Baby Spinach or Arugula
1/2 each	Cucumber, thinly sliced
1 each	Apple or Pear, thinly sliced
4 slices	Cheddar Cheese, deli style slices
1 each	Globe Tomato, thinly sliced

Metric

4 rolls
120 mL
60 g
1/2 each
1 each
4 slices
1 each

Preparation:

1. Gather all ingredients and equipment.
2. Toast the sandwich thins. If sandwich thins are unavailable, whole wheat or whole grain bread works well instead.
3. Spread the hummus on all slices of bread, about 1 tablespoon of hummus per slice. Then, layer the remaining toppings evenly amongst the sandwiches and serve.

Nutrition Facts

4 Servings

Serving size **1 Sandwich**

Amount per serving

Calories **280**

Total Fat 10 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 2.5 g

Cholesterol 15 mg

Sodium 430 mg

Total Carbohydrate 40 g

 Dietary Fiber 7 g

 Total Sugars 11 g

 Includes 0g Added Sugars

Protein 16 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 320 mg

Phosphorus 40 mg
